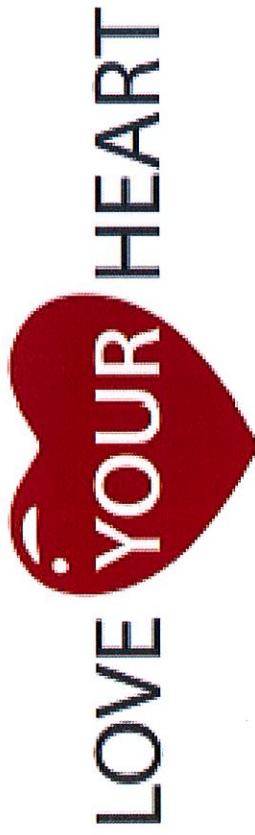


LOVE YOUR HEART 2017 – Blood Pressure Guide



| Classification of Blood Pressure | Systolic Blood Pressure (mmHg) | Diastolic Blood Pressure (mmHg) | Goal Blood Pressure (mmHg) | Symptoms of Organ Damage | Follow-Up Recommendation |
|----------------------------------|--------------------------------|---------------------------------|--|--------------------------|--|
| Normal | <120 | <80 | | | Re-check yearly or as recommended by doctor; |
| Pre-Hypertension | 120-139 | 80-89 | | | Re-check yearly or as recommended by doctor; |
| Hypertension, Stage 1 | 140-159 | 90-99 | For those < 60 years of age, the goal is <140/90 | | Follow up with doctor within 2 months; |
| Hypertension, Stage 2 | ≥160 | ≥100 | For those ≥ 60 years of age, the goal is <150/90 | | Follow up with doctor within 1 month; |
| Hypertensive Urgency | ≥180 | ≥110 | See above | No | Follow up with doctor immediately; |
| Hypertensive Emergency | ≥180 | ≥110 (usually exceeds 120) | See above | Yes | Call 9-1-1 or go to the Emergency Department |

And remember to be active, eat healthy and don't smoke!

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